HLTH 144: HEALTH AND HUMAN FLOURISHING

In Workflow

1. AHS Chair (andrea.becker@csus.edu)
2. HHS College Committee Chair (irwin.thompson@csus.edu)
3. HHS Dean (patterson@csus.edu)
4. Academic Services (catalog@csus.edu)
5. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
6. Dean of Undergraduate (gardner@csus.edu)
7. Catalog Editor (catalog@csus.edu)
8. Registrar's Office (k.mcfarland@csus.edu)
9. PeopleSoft (PeopleSoft@csus.edu)

Approval Path

1. 2026-09-28T19:37:08Z
   Andrea Becker (andrea.becker): Approved for AHS Chair
2. 2026-10-07T18:27:08Z
   Scott Thompson (irwin.thompson): Approved for HHS College Committee Chair
3. 2026-10-13T01:28:01Z
   Aishah Patterson (patterson): Approved for HHS Dean

New Course Proposal

Date Submitted: 2026-09-28T19:27:55Z

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Changes proposed by: Andrea Becker (101053364)

Contact(s):

Name (First Last)	Email	Phone 999-999-9999
Andrea Becker	andrea.becker@csus.edu	916-278-4949

Catalog Title:
Health and Human Flourishing

Class Schedule Title:
Health and Human Flourishing

Academic Group: (College)
HHS - Health & Human Services

Academic Organization: (Department)
Allied Health Sciences

Will this course be offered through the College of Continuing Education (CCE)?
Yes

Please specify:
CCE and Stateside

Catalog Year Effective:
Fall 2027 (2027/2028 Catalog)

Subject Area: (prefix)
HLTH - Health

Catalog Number: (course number)
144

Course ID: (For administrative use only.)
TBD

Units:
3

Is the ONLY purpose of this change to update the term typically offered or the enforcement of existing requisites at registration?
No

In what term(s) will this course typically be offered?
Fall, Spring, Summer

Does this course require a room for its final exam?
Yes, final exam requires a room

Does this course replace an existing experimental course?
No

This course complies with the credit hour policy:
Yes

Justification for course proposal:
The healthcare landscape is rapidly shifting from a disease-centered model toward one that emphasizes prevention, well-being, resilience, and quality of life. Healthcare professionals are increasingly expected not only to understand the biological mechanisms of disease but also to promote behaviors that enhance physical, psychological, social, and emotional well-being. As rates of chronic disease, stress, burnout, loneliness, and mental health concerns continue to rise, there is a growing need for graduates who understand the scientific foundations of human flourishing and can apply evidence-based strategies to improve health outcomes across diverse populations.

While existing courses within Health Science focus on disease processes, healthcare systems, leadership, communication, and clinical practice, there is currently no course that examines the interdisciplinary science of human flourishing. This course fills that gap by integrating research from lifestyle medicine, neuroscience, and behavioral science to explore how individuals and communities can thrive across the lifespan.

Students will examine scientific evidence related to thriving, resilience, purpose, sleep, nutrition, physical activity, mindfulness, behavior change, and healthy aging while developing practical skills that can be applied in healthcare, education, business, community organizations, and their own personal lives.

While this course supports the mission of the Department of Allied Health Sciences by preparing students to improve quality of life through prevention, health promotion, and whole-person care, it will also serve as a foundational course in the Minor in Health and Human Flourishing.

HLTH 144 reflects current priorities in healthcare and higher education, including preventive care, lifestyle medicine, patient-centered care, resilience, and workforce well-being. Students who complete the course will be better equipped with both the scientific knowledge and practical skills needed to promote health, enhance quality of life, and foster flourishing in themselves, their future patients, and the communities they serve.

Course Description: (Not to exceed 90 words and language should conform to catalog copy.)
This course explores the science behind human flourishing and the practices that help people thrive. Drawing from health science, lifestyle medicine, neuroscience, behavioral science, and environmental health, students examine how the body, mind, relationships, behaviors, and environment shape well-being across the lifespan. Students evaluate current research and translate evidence into practical strategies for cultivating resilience, vitality, purpose, healthy relationships, and lifelong well-being.

Are one or more field trips required with this course?
No

Fee Course?
No

Is this course designated as Service Learning?
No

Is this course designated as Curricular Community Engaged Learning?
No

Does this course require safety training?
No

Does this course require personal protective equipment (PPE)?
No

Does this course have prerequisites?
No

Does this course have corequisites?
No

Graded:
Letter

Approval required for enrollment?
No Approval Required

Course Component(s) and Classification(s):
Lecture

Lecture Classification
CS#02 - Lecture/Discussion (K-factor=1WTU per unit)

Lecture Units
3

Is this a paired course?
No

Is this course crosslisted?
No

Can this course be repeated for credit?
No

Can the course be taken for credit more than once during the same term?
No

Description of the Expected Learning Outcomes and Assessment Strategies:

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

	Expected Learning Outcome	Assessment Strategies
1	Explain the foundations of human flourishing.	Reading Quizzes Applied Case Studies Exams Personal Human Flourishing Plan
2	Evaluate contemporary research regarding happiness, resilience, purpose, stress, and well-being.	Reading Quizzes Personal Reflection Assignment Applied Case Studies Exams Personal Human Flourishing Plan
3	Apply evidence-based strategies that improve personal health, resilience, and quality of life.	Personal Reflection Assignment Applied Case Studies Exams Personal Human Flourishing Plan
4	Develop an individualized Human Flourishing Plan grounded in scientific evidence.	Applied Case Studies Personal Human Flourishing Plan

Attach a list of the required/recommended course readings and activities:
HLTH_144_Health_Human_Flourishing_Sample_Syllabus.pdf

For whom is this course being developed?

Majors in the Dept
Majors of other Depts
Minors in the Dept
Other

Is this course required in a degree program (major, minor, graduate degree, certificate?)

Yes

Has a corresponding Program Change been submitted to Workflow?

Yes

Identify the program(s) in which this course is required:

Programs:
Minor in Health and Human Flourishing

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

Attach Accessibility Checklist: (Optional at submission. Fulfills requirement to file with Dean's office.)

HLTH_144_Course-accessibility-checklist.pdf

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Knowledge of human cultures and the physical and natural world
Intellectual and practical skills
Personal and social responsibility
Integrative learning

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

Is this a General Education (GE) or Graduation Requirement (GR) course or is it being considered for GE/GR?

Is this a General Education (GE) course or is it being considered for GE?

No

Key: 15615